



CITY OF MOUNTAIN VIEW

BEWELLMV

# Employees Lead the Way to Wellness

Association of Bay Area Governments  
*Local Government Health and Wellness Forum*  
September 12, 2013



# Improve Employee Health and Wellness in Three Easy Steps...

- 1. Build on the work of others*
- 2. Say yes as much as you can*
- 3. Be patient*

## Major Business/Technology Companies



## Major Life Science Companies











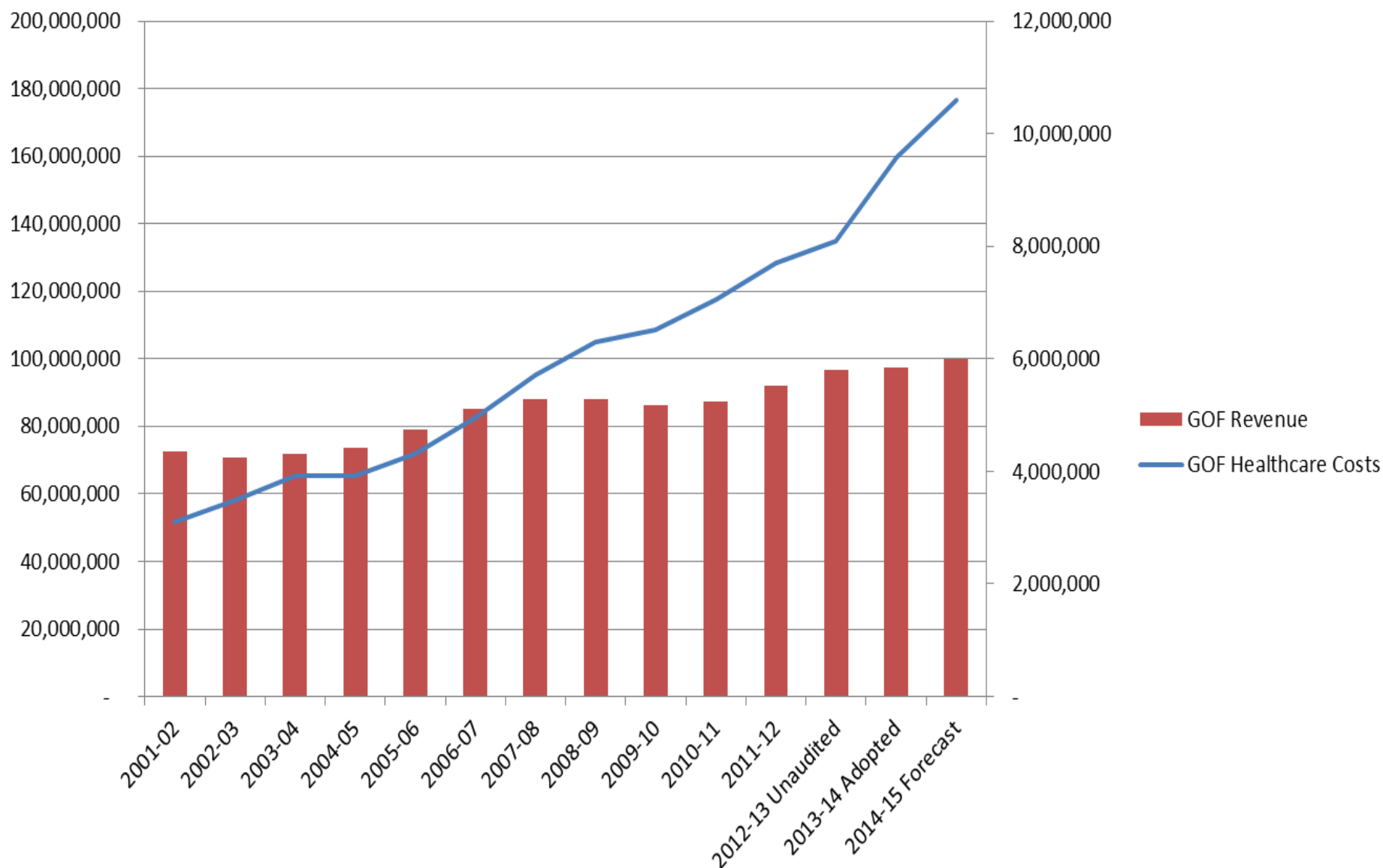


CALIFORNIA STRATEGIC PLAN  
ON SUICIDE PREVENTION:  
*Every Californian Is Part of the Solution*













*I think it helps to have healthy choices available in our vending machines*



*I am so much more aware of my diet and exercise*





*I have learned a lot of health tips and stress-reducing methods*





- 62 employees lost 417 pounds over a 12 week “Biggest Loser” competition



- 134 employees – almost 25% of our workforce – logged nearly 6,000 hours of physical activity over 8 weeks
- 116 employees –21% of our workforce – got onsite health screenings testing body fat, blood pressure, cholesterol and blood sugar levels
- 92% of employees surveyed said they believe that their health plays a role in personal productivity and job performance

65% of employees surveyed said the wellness program motivated them to do something to improve their health or wellness

64% of employees surveyed said the wellness program helped them make healthier lifestyle choices







# *Build On the Work of Others*

HEAL

League of California Cities

Health Department

Let's Move

Fit-kit California

Health Insurers

BANPAC

ICMA





# Say Yes as Much as You Can





# *Be Patient*

